

# Knife Skills - Vol. 1

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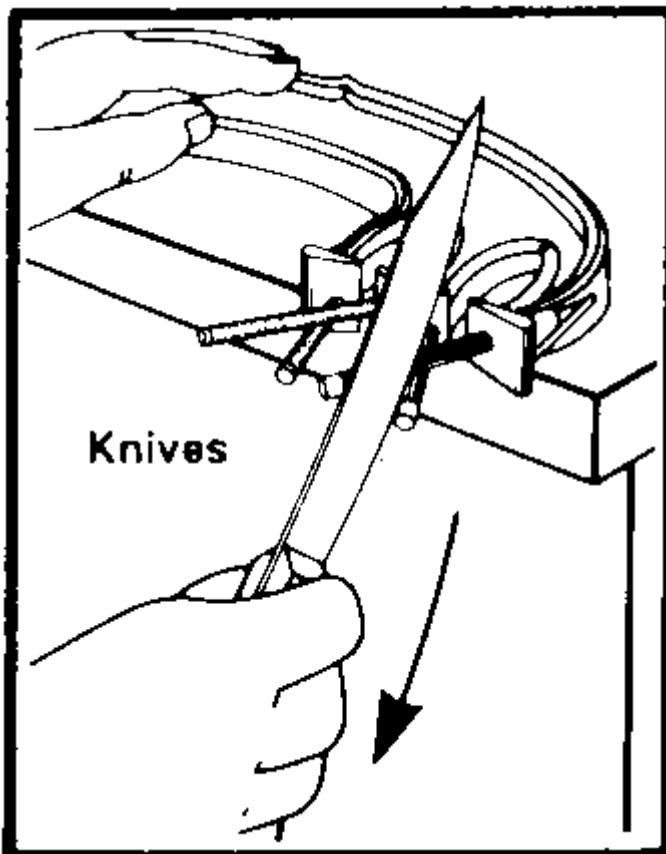
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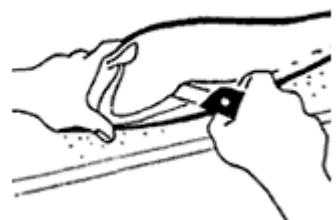
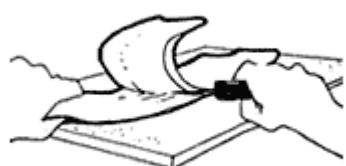
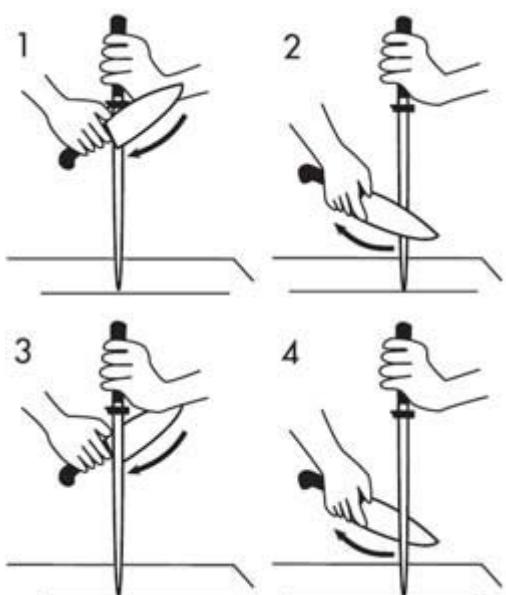
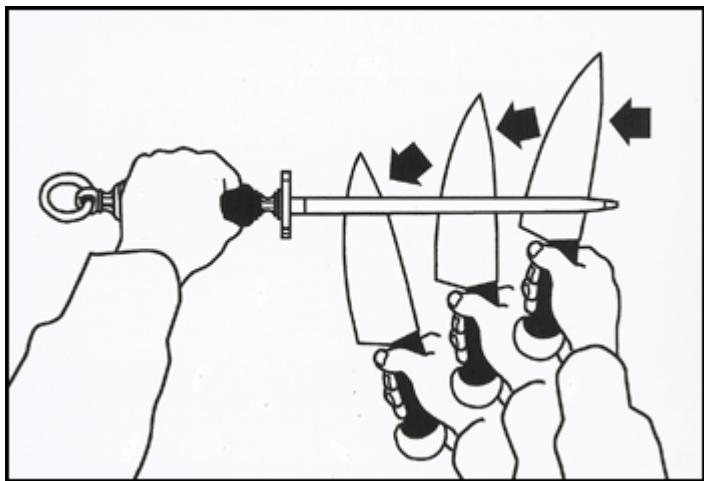
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## HOW TO HOLD A KNIFE

The proper way to hold most knives is with a "pinch grip". Pinch the blade just in front of the handle with your thumb and forefinger. Wrap your other three fingers around the handle. Use this grip whether you are cutting perpendicular to, at an angle, or parallel to the cutting board. The pinch grip works both with large and small knives.



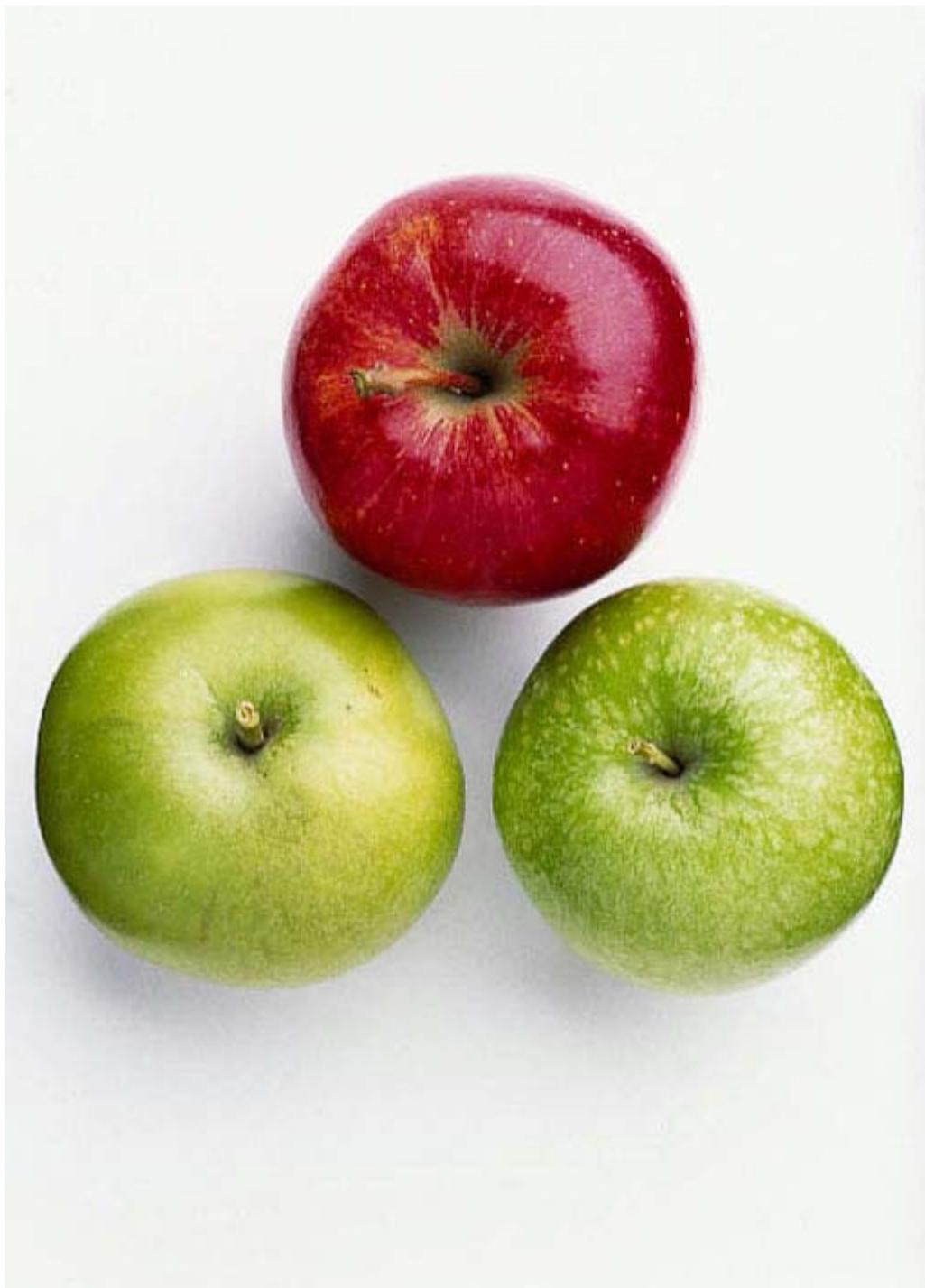


**How to hold a Chef Knife**





**CUTTING APPLES**

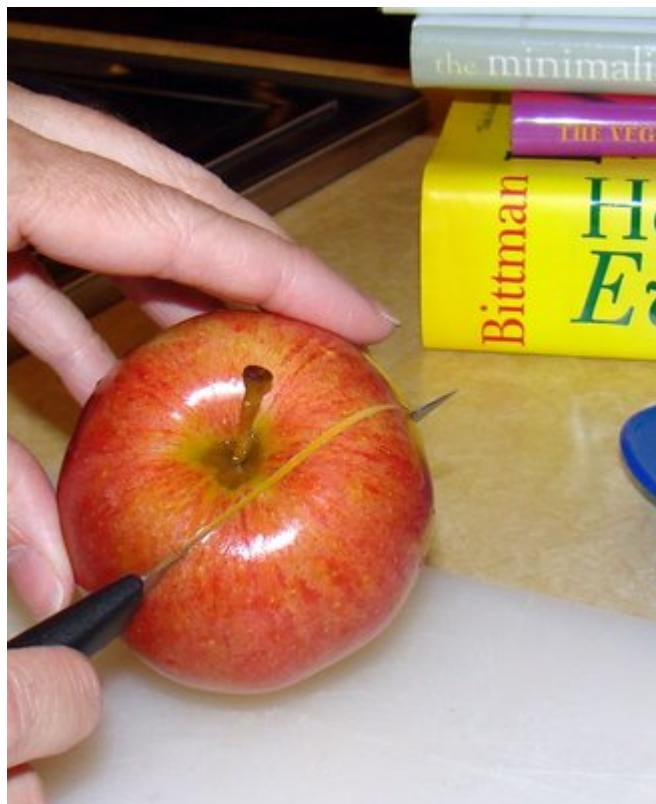


## Peeling an Apple



Green apple being peeled with a paring knife.

### Halving an Apple



Two halves of green apple, cross-section sides facing up

### Coring an Apple



Cutting out the cores of apple quarters

### **Slicing an Apple**



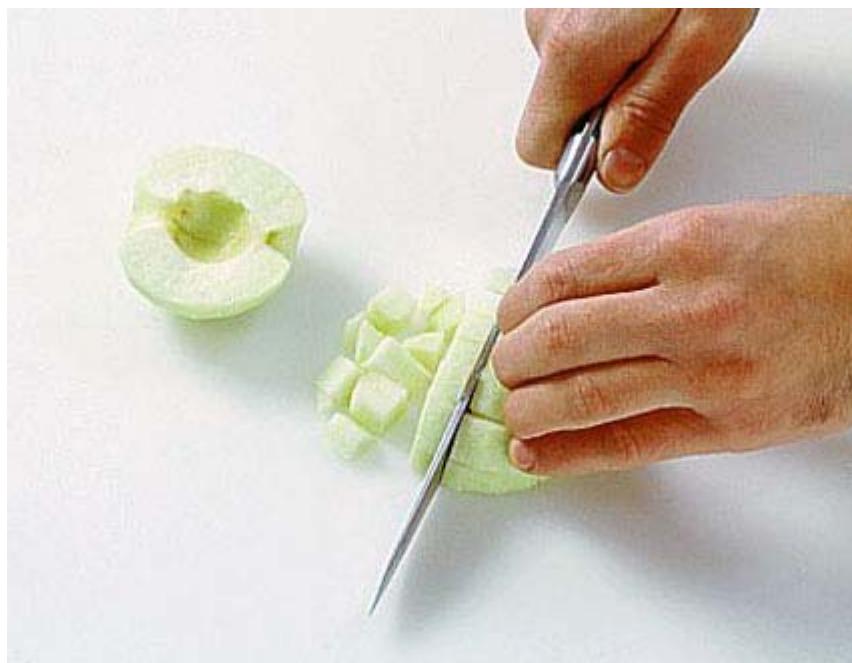
Green apple being thinly sliced on chopping board

### **Julienning an Apple**



Cut the halves into wedges

## Dicing an Apple



Cutting across the apple strips to make dice.

## CUTTING ARTICHOKES



### **Trimming and Peeling an Artichoke**





Trimming the base to an even round shape, using a sharp knife.

### Preparing an Artichoke Heart





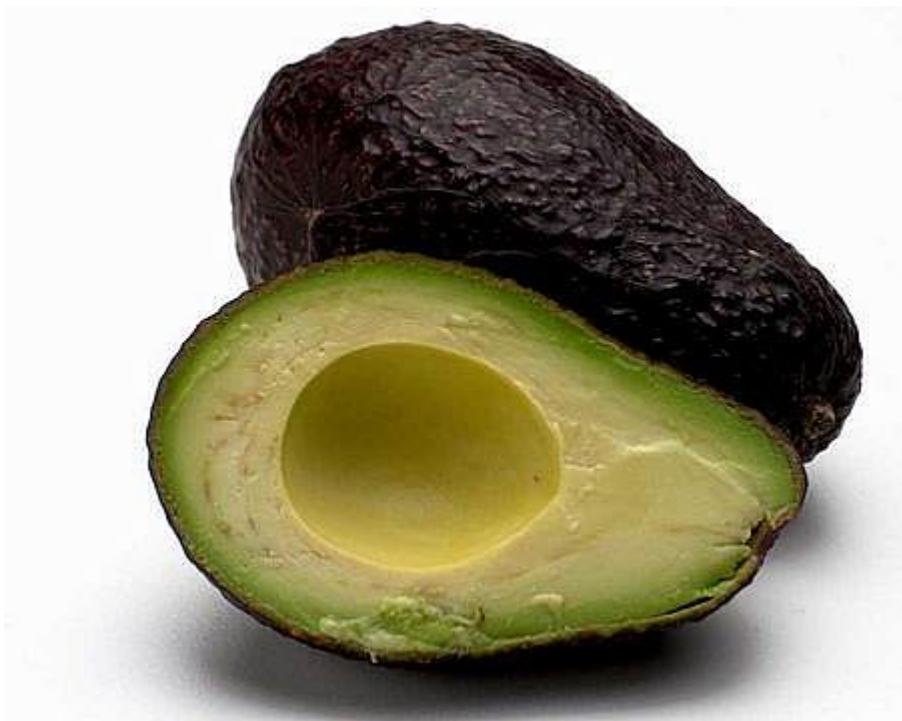
Cutting off the soft cone, leaving only the choke behind.

#### **Cutting an Artichoke Heart**



One and a half globe artichokes, close up.

## CUTTING AVOCADOS



### **Pitting an Avocado**



**Peeling an Avocado**



**Slicing an Avocado**



**Cutting an Avocado into Wedges**



## Dicing an Avocado



## CUTTING BROCCOLI



### Trimming Broccoli



Trimming broccoli with knife

### Separating Broccoli into Florets



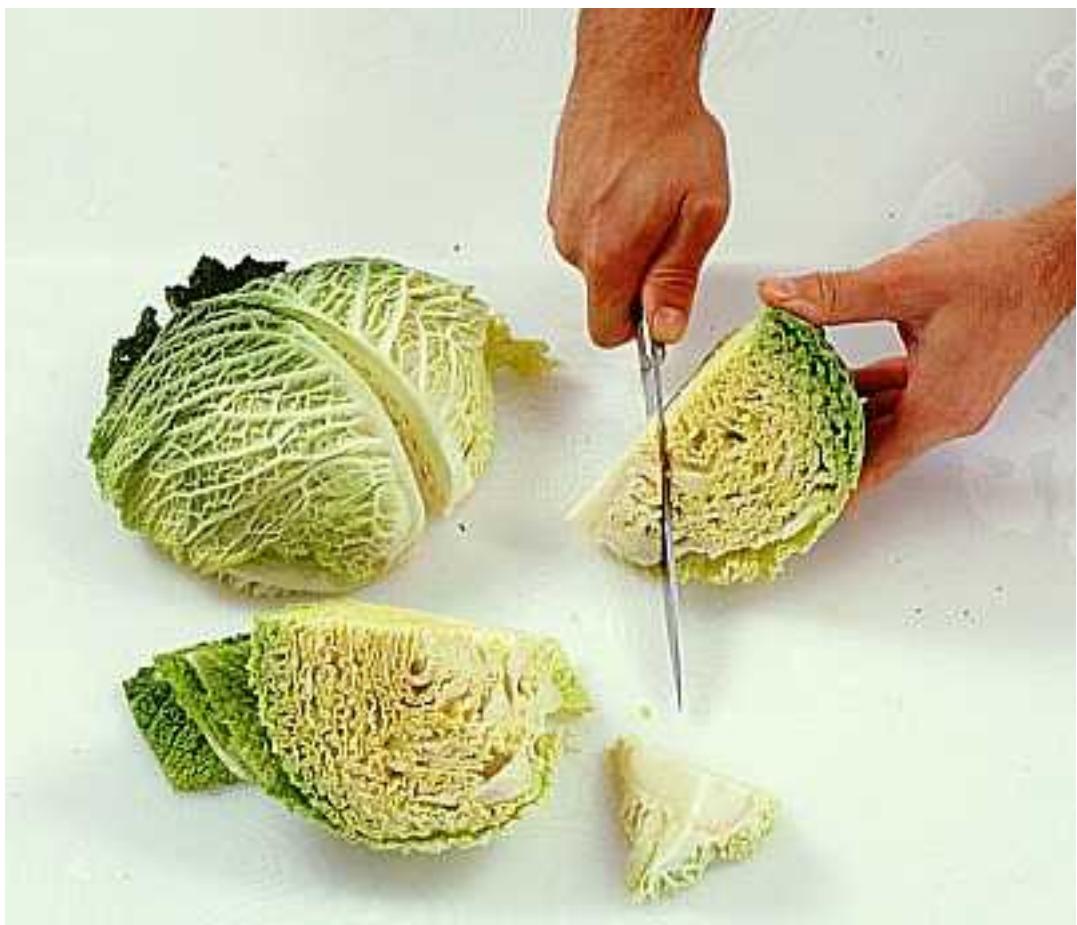
Cutting broccoli heads into florets

**CUTTING CABBAGE**



## Coring Cabbage





Cutting Exterior Leaves away from Cabbage using Small Knife. Cutting up a cabbage

### Shredding Cabbage



To shred the cabbage, set it cut-side down on a board and cut crosswise

## CUTTING CARROTS

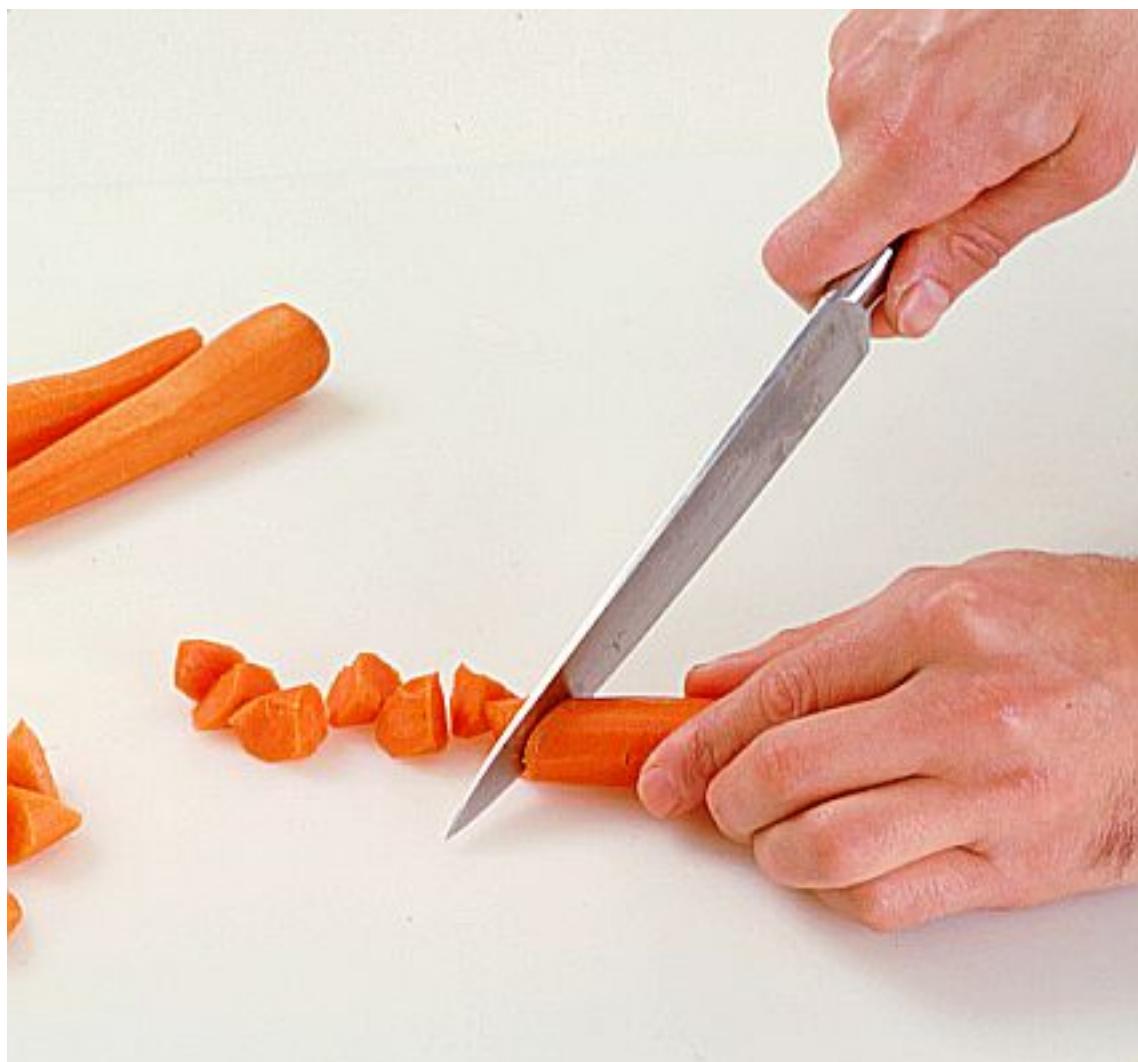


## Peeling a Carrot



Cutting Exterior Leaves away from Cabbage using Small Knife. Cutting up a cabbage

### Slicing a Carrot



To shred the cabbage, set it cut-side down on a board and cut crosswise

### Julienning a Carrot



### Dicing a Carrot



### Roll Cutting a Carrot



## CUTTING CAULIFLOWER



### Trimming Cauliflower



Trimming & make the cuts circular around the stalk

### Separating Cauliflower into Florets



Cutting Cauliflower Florets away from Stalks

## **CUTTING CELERY**



### Peeling Celery



The tough outer strings of the celery being removed from a stalk of celery using a serrated knife

### Slicing Celery



To slice the celery, set it cut-side down on a board and cut crosswise

### **Julienning Celery**



Julienne process will be easier if the stalk is first cut in half or into thirds

## Dicing Celery



Hand model cutting stalks of celery with chef's knife

**CUTTING CHARD**



### Trimming Chard



For leafy stalks, cut off green tops

### Slicing Chard Leaves



Slicing Swiss chard leaves

### Slicing Chard Stems



Slicing Swiss Chard Stalks with chard Leaves in background

### **Julienning Chard Stems**



Hand model cutting stalks of celery with chef's knife

### Dicing Chard Stems



## CUTTING FENNEL



### Trimming Fennel



### Coring Fennel



### Shaving Fennel



## CUTTING FISH



### Filleting a Whole Round Fish

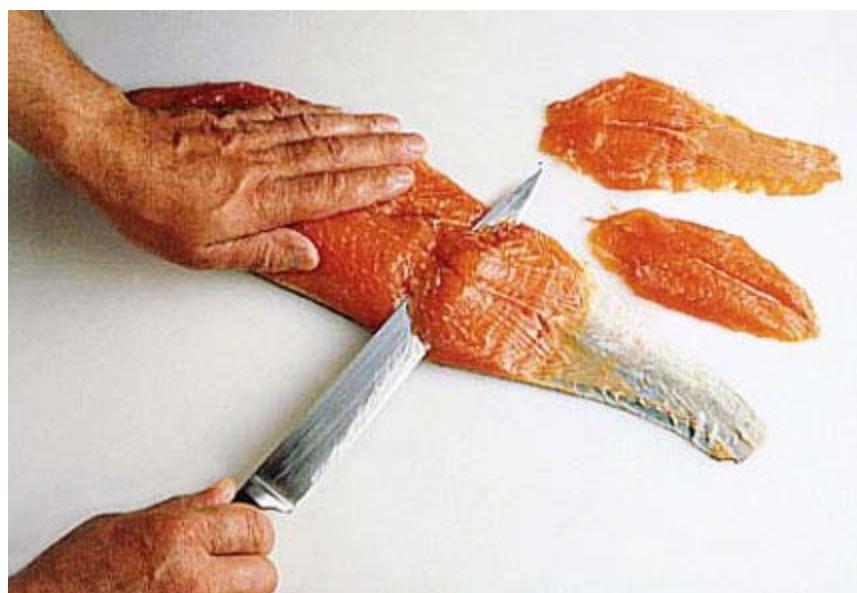


### Boning a Whole Trout

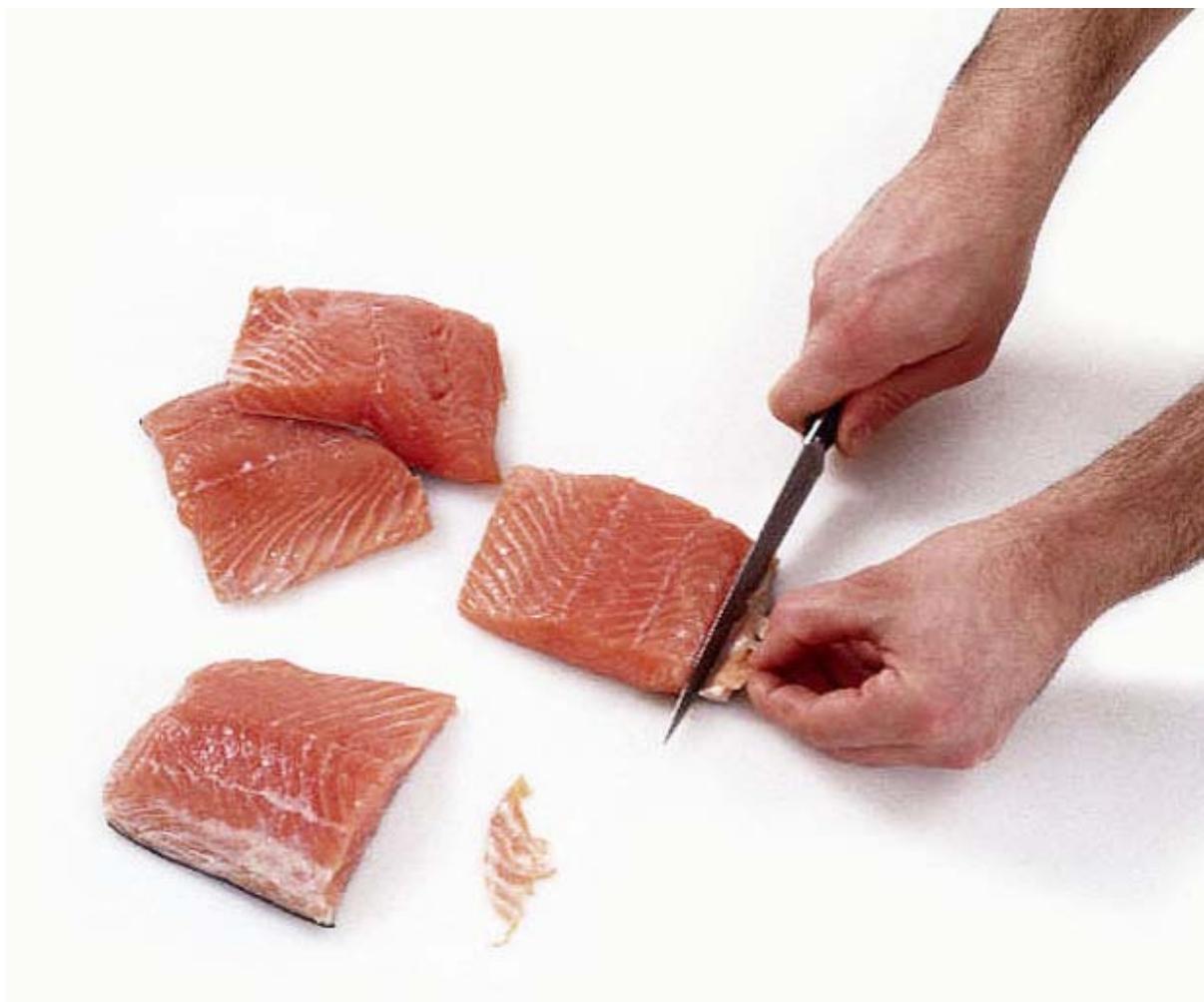


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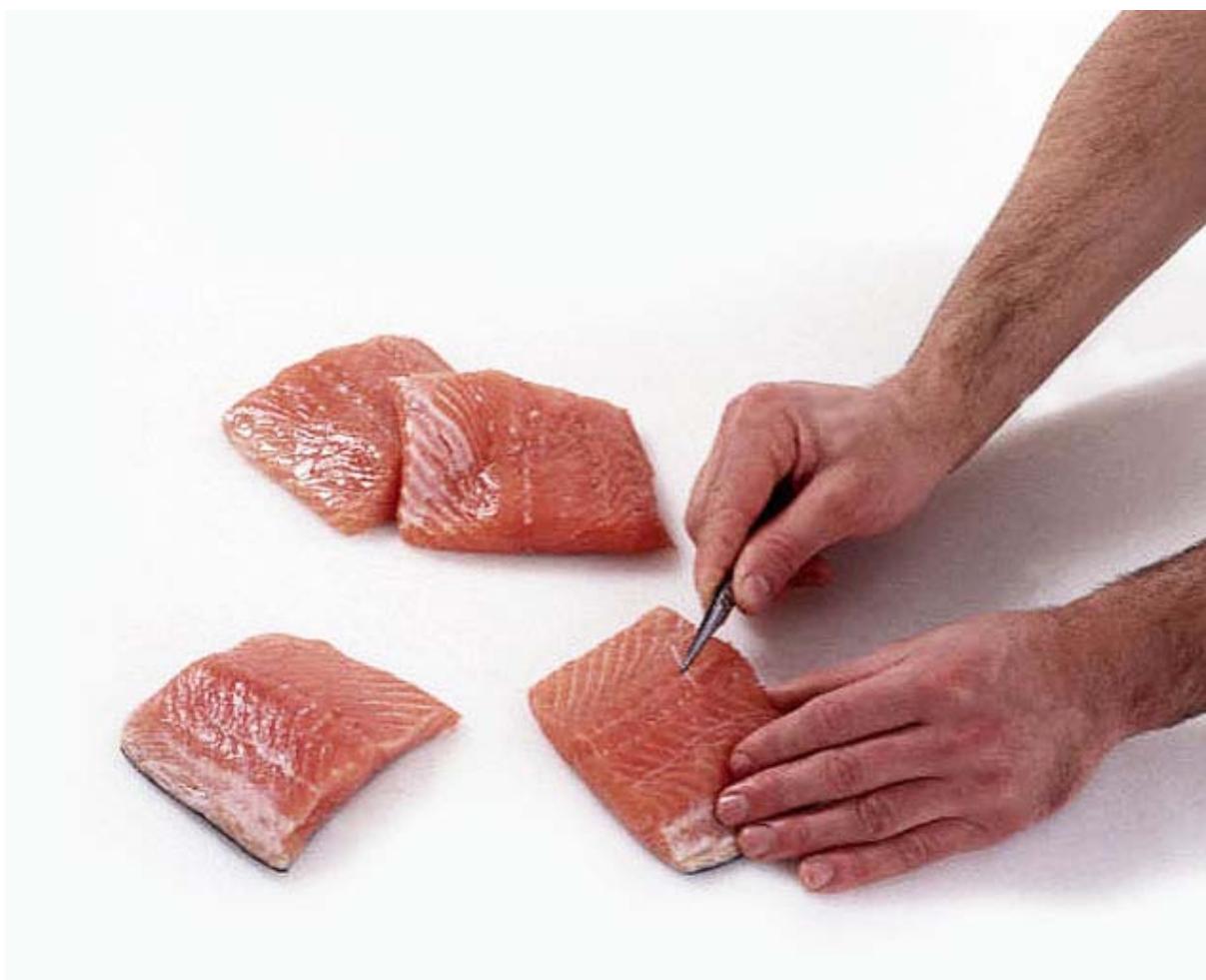
### Slicing a Fish Fillet



### **Julienning a Fish Fillet**



### Dicing a Fish Fillet



**Boning a Salmon Steak and Forming It into a Large Disk**



## **CUTTING GARLIC**



**Trimming & Peeling a Garlic Clove**





**Slicing a Garlic Clove**



**Dicing a Garlic Clove**



**Pureeing a Garlic Clove**



## **CUTTING GINGER**



## Trimming Ginger



## Peeling Ginger





### Slicing Ginger



### Julienning Ginger



### Dicing Ginger



